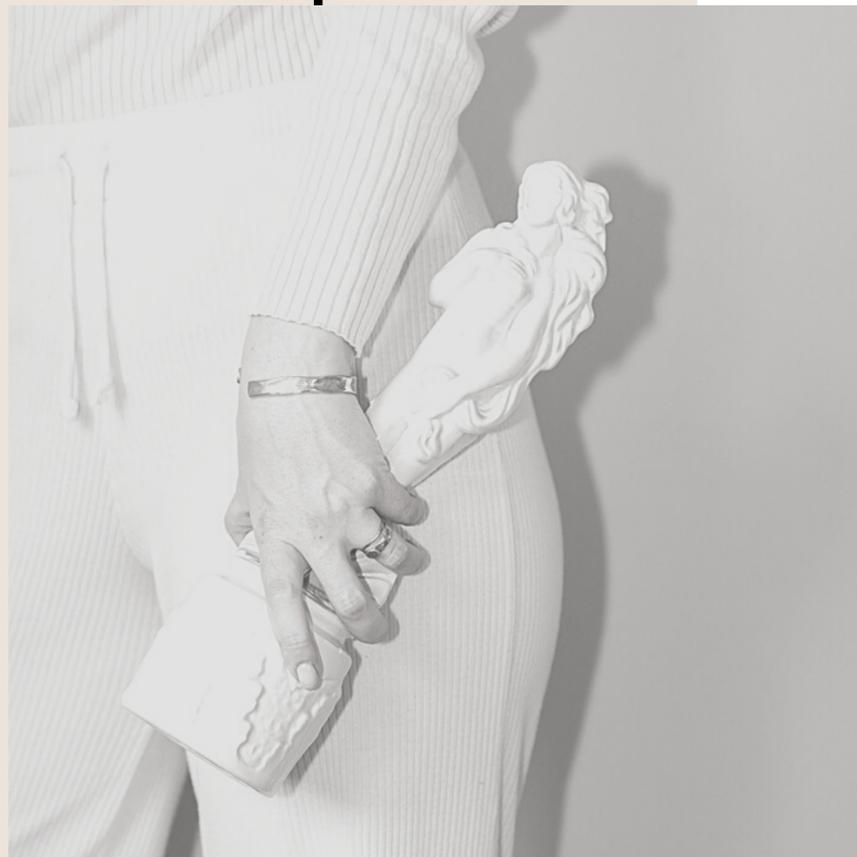


RVE RITUAL

Self Mastery

part 2 - vision



Part 2 - vision

- meditations
- vision
- goals
- manifest
- radiance

NEW DIRECTION

After studying yourself in the now it is time to look to the future. Where are you going, what is your dream vision of your life? This week we are going to craft your vision, goals and go through some of the energetics of manifestation. Have fun with it, be positive, tap into your desires and enjoy the ride! This work will give us a strong WHY to go into purify week with.

Practice of the week

Tune in

Nadi Shodana - 2 min

Kirtan Kriya Meditation - 12 min

UPLEVEL:

PROSPERITY: Sobagh Kriya CLUB

Meditation Tip

MANTRAS FOR TUNE IN BEFORE A KUNDALINI MEDITATION. TUNING IN BEFORE MEDITATION IS A BEAUTIFUL PRACTICE THAT WE LOVE. IT CHANGES THE VIBE INSTANTLY AND CONNECTS TO SOMETHING BIGGER THAN US. USING OUR VOICE TO CHANT IS ALSO VERY HEALING FOR THE MIND AND BODY. IN YOGA IT IS SAID YOU HAVE TO LOVE YOUR OWN SOUNDCURRENT AND OWN IT!

ong namo guru dev namo x 3

This mantra is used for “tuning in” to the divine flow and self-knowledge within each of us

Aad Guray Nameh

Jugaad Guray Nameh

Sat Guray Nameh

Siree Guru Dayvay Nameh

x3

This is a mantra of protection. It invokes a light shield and stimulates an alert mind to avoid accidents.

Nadi Shodhana

Nadi Shodhana, or “alternate nostril breathing,” is a simple yet powerful technique that settles the mind, body, and emotions. You can use it to quiet your mind before beginning a meditation practice, and it is particularly helpful to ease racing thoughts if you are experiencing anxiety, stress, or having trouble falling asleep.

Posture: Sit in any comfortable meditative posture with a straight spine, chin in, chest lifted.

Eyes: Close your eyes.

1. Relax your left palm comfortably into your lap and bring your right hand just in front of your face.
2. With your right hand, bring your pointer finger and middle finger to rest between your eyebrows, lightly using them as an anchor. The fingers we'll be actively using are the thumb and ring finger.
3. Close your right nostril with your right thumb. Inhale through the left nostril slowly and steadily.
4. Close the left nostril with your ring finger so both nostrils are held closed; retain your breath at the top of the inhale for a brief pause.
5. Open your right nostril and release the breath slowly through the right side; pause briefly at the bottom of the exhale.
6. Inhale through the right side slowly.
7. Hold both nostrils closed (with ring finger and thumb).
8. Open your left nostril and release breath slowly through the left side. Pause briefly at the bottom.
9. Repeat 5-10 cycles, allowing your mind to follow your inhales and exhales.

Kirtan Kriya meditation

“Want to pull in all the loose ends, focus, and concentrate? Here’s a mantra to help you consolidate and change your habits. This mantra is a catalyst for change. So don’t be surprised if your spiritual cleansing process is vastly accelerated!” This meditation brings mental balance. Through this practice, the mind awakens to the infinite capacity of the soul for sacrifice, service, and creation. Research has shown that 12 minutes of Kirtan Kriya a day can improve cognition and memory function, and helps to prevent the onset of Alzheimer’s disease.

Posture: Sit in Easy Pose with a straight spine, and a light Neck Lock. Wrists are on the knees, arms and elbows straight, start with the hands in Gyan Mudra.

Mantra & Mudra: Chant Saa, Taa, Naa, Maa. With each sound, alternate through four mudras:

- On Saa, touch the first (Jupiter) finger; Gyan Mudra (knowledge)
- On Taa, touch the second (Saturn) finger; Shuni Mudra (wisdom, intelligence, patience)
- On Naa, touch the third (Sun) finger; Surya Mudra (vitality, energy of life)
- On Maa, touch the fourth (Mercury) finger; Buddhi Mudra (ability to communicate)

Each repetition of the mantra takes 3 to 4 seconds.

Kirtan kriya is practiced in a cycle, in which the mantra is first chanted aloud, then whispered, and finally repeated silently, before the whole sequence is reversed.

To practice for 12 minutes, begin by chanting aloud for 2 minutes. Then chant in a strong whisper for 2 minutes. Then, continuing to cycle through the mudras, mentally vibrate the mantra for 4 minutes. Then whisper the mantra for 2 minutes, and finally chant aloud for 2 minutes.

Eyes: Meditate at the brow point.

Uplevel - optional - Sobagh Kriya:

Sobagh Kriya: Invoke the Wealth of the Universe

This uplevel practice is optional to do daily or just any time you need to shift gears, need more energy or to look more radiant! It is the most powerful kriya we know. By doing Sobagh Kriya it is said you can turn your misfortune into prosperity, good fortune, and good luck. This is the most sacred and absolutely most powerful kriya of Kundalini Yoga. And it is in parts. Each part is 3 minutes

Meditation part #1

Chant with Tantric Har with each movement. Alternate hitting the moon sides (thumb) and the Jupiter sides (pinky) of the hands together at the level of the heart center. Eyes should be 9/10 closed, focusing on the tip of the nose. You should not do it more than 3 minutes when you are working during the daytime or you'll become too rich! Right thumb underneath the left. It's all in you. It's not outside. Just stimulate certain parts of the brain.

Meditation part #2

Now, there are times when you are depressed, there are times you are impressed. When you are impressed, you usually do the wrong things. And when you are depressed, you always do wrong things. Stretch your arms up sixty degrees. Open your fingers, spreading them widely. The fingers have to be totally hard. If you do it correctly, you will get the results. Now, in rhythm with the same Tantric Har but without chanting out loud, cross your arms alternating right over left and then left over right, still keeping the fingers stretched open. Right in front, left behind. Fingers spread wide, arms open. Left in front, right behind.

Sobagh Kriya part II

Meditation part #3

Put both thumbs in your fists and press as hard as you can, like you are going to squeeze the blood out of them. Press, press, press hard. Arms at sixty degrees. Move the arms in small backward circles. Press, press, press hard. With each circle you make of your arms chant "God." Chant "God" powerfully from the navel. The word "God" has three letters: "G," which generates; "O," which organizes; and "D," which delivers and destroys. They are three sounds: G-O-D. God. When "God" is chanted from the navel point, then God can hear. The circle has to be powerful. The entire spine shakes. Sometimes you'll find you are lifting yourself from the ground.

Meditation part #4

Har Haray Haree, Wahe Guru. The mantra is a sound current through the tongue and upper palate. Har Haray Haree, Wahe Guru (Wahe is pronounced "wa-hay"). Continue chanting in a low monotone. Keep going. Deeper—from the base. Cut down your karmas forever. Deeper sound from the navel. Then whisper. Strongly whisper. Use the prana (breath). Burn any disease. Change the metabolism. Then whistle. Then stop it. (If you are doing This meditation for 3 minutes total, each part is done for one minute .)

Meditation part #5

Put your arms at shoulder level, left hand under, right over. Breathe long and deep. Don't let the hands fall. They should be parallel to the ground; that's the law. Keep your spine straight; sit correctly. Do nothing; just breathe one breath a minute: 20 seconds to inhale, 20 seconds to hold, 20 seconds to exhale. Breathe consciously one breath a minute. This is a complete set.

Each part must be practiced for an equal amount of time, either 3 minutes or 11 minutes. Do not exceed 11 minutes. Only Meditation #1 can be practiced on its own, separately from the other exercises. Think of this kriya as a one-way-ticket to your highest destiny stream. This five part kriya removes subconscious blocks to success, and also works to strengthen the navel and the arcline. The result? An energized, constructive path — and lots of surprising gifts from the Universe



YOUR VISION

"A personal vision statement allows you to look forward to the future with positive expectations for yourself. It helps you stay focus and will help you make decisions for future activities." -Catherine Pulsifer,

YOUR VISION

To begin with we want to ask you to start working on your big vision. Your vision of your life exactly how you want to see it. No timeframe just your wildest dreams from your desires. You need to make it juicy and so good that all the work towards this will be easy because you are so excited about your vision. Make your vision a paragraph where you describe your whole life, how you feel, look, what you do, where you live ect. This is just a draft that you can keep coming back to and editing. This assignment is all about your desires and DREAMS

The 4 main areas

Relationships

To be fulfilled our relationships need to nourish us. Do you want to deepen the ones you have? Find a partner? Find more like minded friends?

Health

Our health is our main wealth. Where do you want to improve with your health so you can get the most out of your life.

Money

You need to know what you want (how much) and why you want more money. What would you use it for?

Career

Are you happy with where you are at work or do you want to elevate or pivot into another field. Get clear with what you want and what is your purpose.

THE VISION

Take your journals and start writing your vision in present tense like it has already happened and get as much detail as you can into it! Also don't be shy to dream big! TAKE A TIMER FOR 10-15 MINUTES AND WRITE IT OUT. THEN TAKE A LOOK, EDIT AND MAKE IT EVEN BIGGER

VISION EXAMPLE (but put in more details, more specific more power)::

"I am in the best shape of my life, physically, mentally and spiritually. My skin is glowing, hair healthy and I am the happiest I have ever been. Money flows to me effortlessly, I live in and own a beautiful and bright house filled with laughter, beautiful clothes, wellness tools & curated items. I own and run my successful business that has a positive impact on the world and everyday I love going to work. I travel regularly to beautiful places, always traveling in luxury. I have a beautiful cabin in nature where I visit regularly, sometimes alone, to fill up my tank. I have likeminded inspiring & expanding people in my life."

The vision -process

If you are having troubles knowing what you want, use this journaling exercise to help you.

This is NOT to make you, make your life into someone else's, but practice using your intuition to HEAR what sounds true to YOU that you see in others.

JOURNAL: What do you see in others (qualities, attributes ect) that you admire/ or inspire you.

PHYSICALLY: Example: Lacys hair is long, healthy and shiny

MENTALLY: Exp: Melissa is authentic and not afraid of others opinion

EMOTIONALLY: Exp: single mom Kelsey, been through loss and gotten back into grace

SOULFULLY: Exp: Desiree has these vibes and radiance, the thing you cannot put into words

MATERIALLY: Exp: Lauren lives in a beautiful white house with her family and has a home gym.

Everyone is just a mirror, so what you see and rings true to you in them is somewhere in you waiting to manifest, you just have to step into it. If we can't see, feel, step into our greatness and power, it's hard for others to see / feel it.

DESIRE

When we are asked what we want, we usually answer in a polite and proper manner, with a statement that is accepted by society and the people around us. But to live authentically you need to tap into your true desires and break those molds and beliefs. What is it truly that you want, What does your gut tell you. What does your soul want? What does your ego want? Go over your vision with the different perspectives of your GUT, SOUL, and EGO to check if you are being polite or making yourself small.

INNER CODE X VISION

Now is also a good time to revisit your inner code to make sure that your vision and inner code are in sync.

Compare your vision to your code and ask yourself;
Am I honouring my inner code in my vision?
Is everything getting the space it deserves?

Am I writing something in my vision that I think I should want?

Use your intuition to answer and be as honest as you can.

Rewrite your vision if you feel the need.

Blocks

Most of us have insecurities and fears that make it hard to find our desires and what way we want to go. So this can make the vision process hard. Deeply-rooted subconscious beliefs about our self-worth keep us small and settling for less than what we deserve. We call these BLOCKS. To begin with you will need clarity and then you will need to tap deeper into your desires. Write down your vision as best as you can now, and then revisit it after doing each assignments and reading this chapter and see if you know more about what you want.

A faded, grayscale background image of two women with long, wavy hair. They are facing each other and appear to be in conversation. The woman on the left is smiling and looking towards the woman on the right. The woman on the right is also smiling and looking towards the woman on the left. The image is framed by a thin black border.

SETTING YOUR GOALS

GOALS

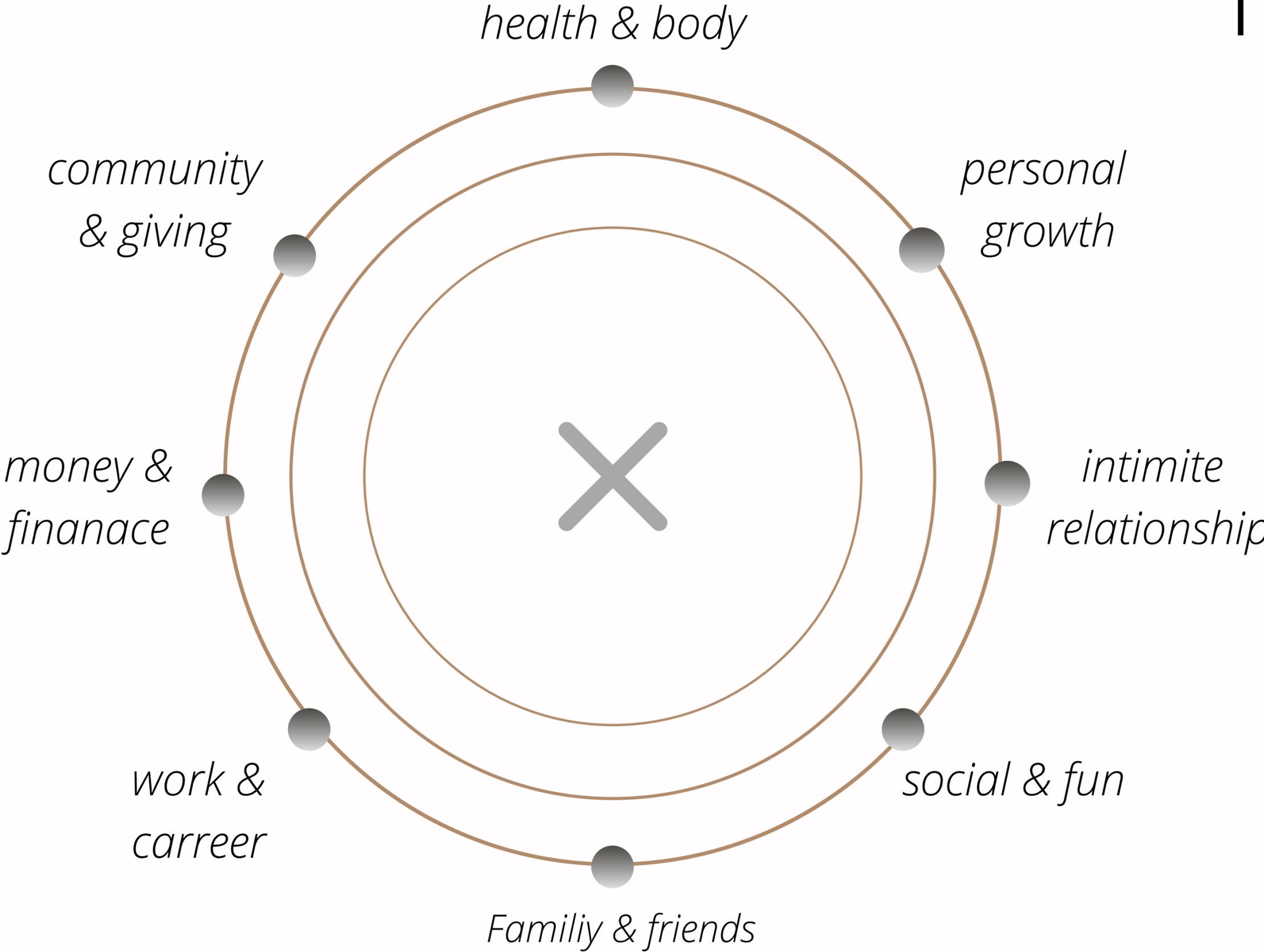
Now when you have a draft of your vision written down, start with taking inventory of your life and then make goals and action steps to make your vision clearer. We believe in the power of goals and action steps towards them, but also that the universe has a plan. The important thing is that we are making it clear what we want so the universe/flow can support us but sometimes it has a bigger and better plan so flexibility is important!

FLEXIBLE GOALS

Goals, like any tool, can be used to shame and guilt ourselves, or can be used with intention, as a way to consciously deepen our practice in life.

If you think of goals as an intention that you're setting, a way to guide your direction in the current moment, not a fixed path, you will go more with the flow. Don't think of the port (the goal) as a fixed outcome that you need to hold onto tightly, but rather just a way to guide yourself right now. When you do notice yourself attached to the fantasy of your goal, practice loosening your grip on it, and focus instead on the present moment. What action can you take right now that's aligned with your intention? Regularly check in with yourself, "What's the most loving act I can take right now? What action right now would be aligned with my intention? What can I appreciate about this moment?" Allow yourself to be flexible — if you're not tightly attached to the goal, you can shift as you learn more, as you sail on your journey and understand the journey more, as you find new opportunities that might be more aligned with your deeper purpose. If/when you do arrive at your destination, stop and be present with it, appreciating your journey, appreciating where you are, without immediately turning to the next thing. This is a more flexible way of working with goals, and a more present-focused way of living more intentional. The goal doesn't become the most important thing — though it is very helpful — the present moment and your actions and appreciation in the moment become the most important things

THE CIRCLE OF LIFE



Now it is time to bring eight areas of your life into focus using the Life Circle. Start by contemplating where you are now in each area and give each area a score from 1-10 and put in a dot - 10 being the grey dot and zero being the X in the middle (draw the circle in your journal or print this out) Then draw a line between the dots. This is a snapshot of your current life balance, take a look the areas that have room for an upgrade or where you are doing well. The next step is to put down goals in each area to move the number up and balance. Do this exercise every 90 days to track your balance.

THE CIRCLE OF LIFE

NOW following the layout in the next pages write down a specific and achievable goal that brings you closer to your vision and improves your life circle score. 1-2 achievable goals in each category. Big or small, all goals matter! The little goals go a long way, they give you energy to take more steps towards your vision, so make these goals doable! Also answer the why, how and when!

HEALTH AND BODY

GOAL

How can you be healthier? what goal could you put down for your health? How do you want your body to be able to be/heal?

WHY DO YOU WANT IT?

WHAT ACTION STEPS DO YOU NEED TO TAKE?

WHEN WILL YOU ACHIVE IT BY?

PERSONAL GROWTH

GOAL

What goal do you want to achieve personally? More patience? less codependency? Be more in the now? How can you increase your spiritual, emotional and personal growth?

WHY DO YOU WANT IT?

WHAT ACTION STEPS DO YOU NEED TO TAKE?

WHEN WILL YOU ACHIVE IT BY?

INTIMITE RELASHIONSHIP

*How CAN YOU improve your relationship to your closest
one/s*

GOAL

WHY DO YOU WANT
IT?

WHAT ACTION
STEPS DO YOU NEED
TO TAKE?

WHEN WILL YOU
ACHIVE IT BY?

SOCIAL & FUN

GOAL

What CAN YOU do to have more fun? hobbies, pure fun, social gatherings

WHY DO YOU WANT IT?

WHAT ACTION STEPS DO YOU NEED TO TAKE?

WHEN WILL YOU ACHIVE THE GOAL?

FAMILY & FRIENDS

GOAL

What can YOU DO to be more connected and have better and more nourishing relationships? Regular family brunch? Call more often?

WHY DO YOU WANT IT?

WHAT ACTION STEPS DO YOU NEED TO TAKE?

WHEN WILL YOU ACHIVE THE GOAL?

WORK & CAREER

*what DO YOU want to achieve next in your
career?*

GOAL

WHY DO YOU WANT
IT?

WHAT ACTION
STEPS DO YOU NEED
TO TAKE?

WHEN WILL YOU
ACHIVE THE GOAL?

MONEY & FINANCES

*Do you want to have savings? Money for an apartment or travel?
Have better control over the money you earn? Earn more? Write
down your goal*

GOAL

**WHY DO YOU WANT
IT?**

**WHAT ACTION
STEPS DO YOU NEED
TO TAKE?**

**WHEN WILL YOU
ACHIVE THE GOAL?**

COMMUNITY & GIVING

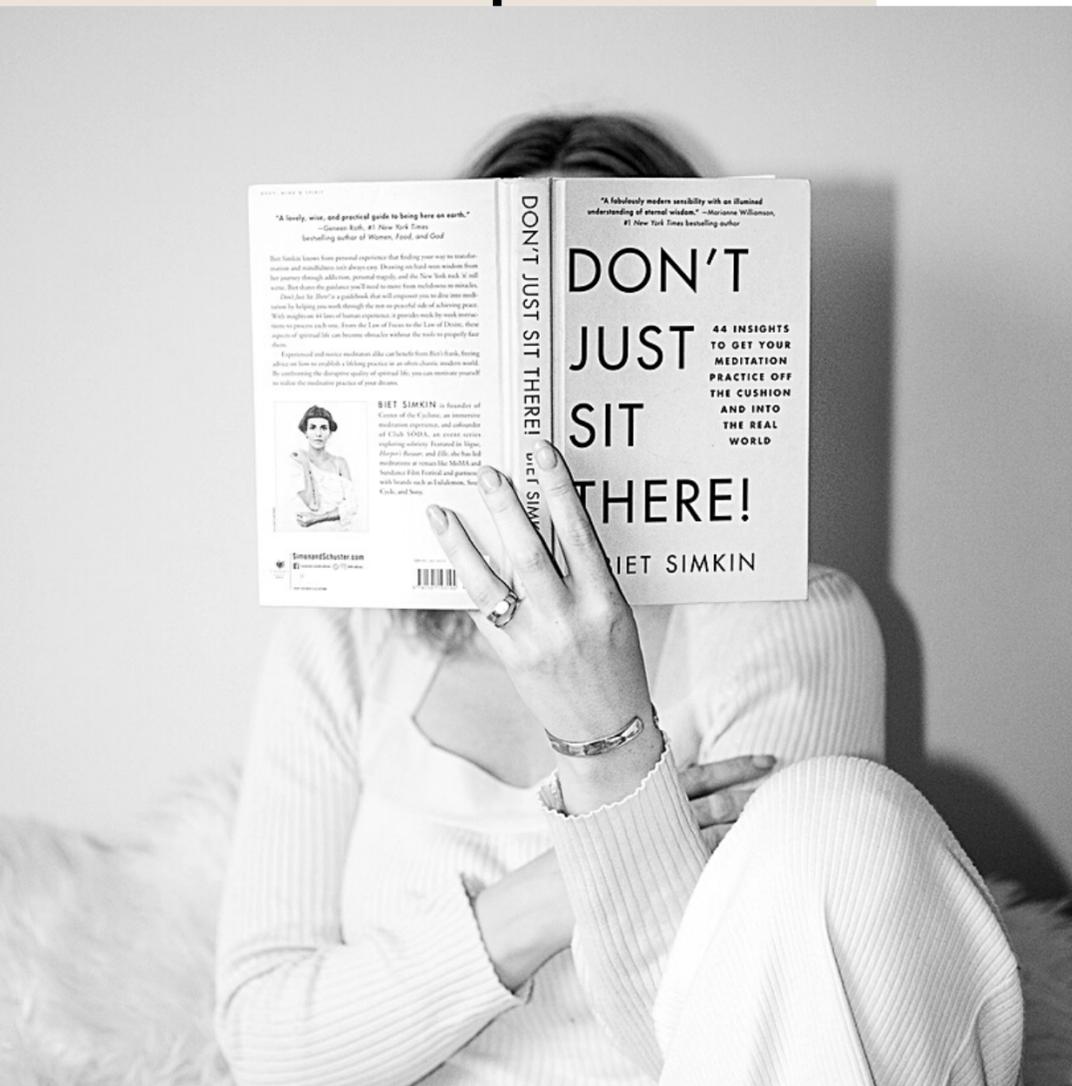
GOAL

Karma yoga is the highest form of yoga. Doing good. How and where do you want to contribute? From visiting your grandmother to an important cause, where will you give back?

WHY DO YOU WANT
IT?

WHAT ACTION
STEPS DO YOU NEED
TO TAKE?

WHEN WILL YOU
ACHIVE THE GOAL?



ACTION STEPS

Now you have gone through each of these 8 areas, its time to collect the action steps together and add them to a list, next week we will work into integrating them. Some of the steps are a one time thing and others are daily steps you want to take to build up to your goal, and the goal brings you closer to your vision. Keep your action steps somewhere you can see them and possibly find a accountability partner to share them with .

A close-up photograph of a hand holding a bundle of dried, light-colored herbs, possibly sage or lavender, tied with a white string. The hand is positioned on the right side of the frame, with fingers gently gripping the bundle. The background is a soft, out-of-focus light beige. The word "MANIFESTING" is centered in the image in a large, black, serif font. A thin black line forms a partial frame around the top and right sides of the image.

MANIFESTING

WHAT IS MANIFESTING?

As we have now written down our vision and set down goals and action steps we want to dip our toes into manifesting. It is a big, big subject but we will give you an intro in this chapter, so let it sink in. Manifesting is by our definition; calling in what you want without force. Manifesting can be a word that you connect to all kinds of woo-woo self help. We are not really into "The secret" way of manifesting where you have to constantly think positively, but we believe that the universe supports us when we know where we are going, remove subconscious blocks and doubts, pass tests and see to believe. We believe in training our mind, working on our subconscious and increasing our radiance to call in what we want and we have worked with powerful teachers in this arena. So, it's actual grounded self work that gives us the most benefits. This is why we think our personal self practice is SO important and will create one next week, as it works on your mind and radiance. Manifesting is about calling in specific things connected to your vision and goals by following your intuition and doing self work.

SHORT TERM MANIFESTING

The best way to start manifesting is to start small, as you want to start training your subconscious that it is possible to call in things without force and in the flow. The manifestations will possibly show up in different ways; finding your dream dining room chairs second hand or getting the exact amount for those shoes you wanted into your account. So we are going to start by asking you to think about the next 6 months in your life. What specifically do you want to call in. This connects to your vision and your goals. Here is an example; in your vision you have a house and one of your goals is saving up for a downpayment. Manifesting is about calling in the perfect house for you; so put it on your list and describe it in detail. This short term list is perfect for writing down things and experiences you want to call in that you actually believe deep down you deserve and are attainable right now.

USING ENVY AS A TOOL

Envy. It's an emotion that many of us deal with throughout our life. Not to be mistuned with jealousy, for the two are not the same. Jealousy is fear of losing something that you have. Envy is wanting something that someone else has. Now, here is the beautiful manifestation aspect of envy and why you attract envious situations into your life. In one way or another, you've called them in to be one of your Expanders. And this feeling of ENVY is telling you what you desire. Whenever you've stumbled upon something on Instagram, in your social circle, TV, press, blogs etc and you find yourself feeling that crappy feeling of envy and judgement, it's because you are witnessing an Expander or something you are capable of and that you want in some form. When you are envious of someone, it's actually your shadow projecting onto them elements of what you desire - recognizing through the envious subject or situation - that you are capable of the same. Expanders are in your life to expand the limiting beliefs that you have rooted in your subconscious creating space for an intention of yours to come through. In short, they are expanding your beliefs.

So, the next time that you are activated by envy, harness this energy and direct it in motion rather than wasting it on useless victimization, pity, and stress. Focus its power into action. Next time you feel envy, get quiet and get out your journal and free form answer these questions; *What is it about this thing or situation that is making me feel so bad? Of course, the first surface answer you're going to come up with is that you aren't doing or getting the same. Keep going. Get to what is beneath it. First, it's important to get down to your soul's expression. *When you have that answer, start mapping out the baby steps you need to take to obtain the same feeling. For example; More freedom. What does "freedom" mean to you? Where are you lacking freedom in your life? How can you make those aspects of your life freer? What are the ten steps you need to take in order to create more freedom? Map out how you can achieve each in the next six months. This person or situation has come up to expand the limited belief in your subconscious as to what is possible for you. Now go collect as many Expanders as you need until there isn't a doubt in your mind that you can go on the same trip, buy your unique version of the same house, or get your unique version of the same press. If you are seeing it, and you believe that you are worthy of the same, your version will come too



MAKING A LIST

It's time to write the list. This is how you call your subjects in. There are three important components that play into the list.

GET SPECIFIC • For each subject you're calling in, bullet point details you really want, but leave the rest to surprise.

NO EGO • We don't mean to manifest as if you're a monk, but not let the ego run the show. Here's a superficial example. If you are manifesting a trip to Bali because it's super on trend and you want your ex to see how well you're doing without him/her and how cool your life is now, that's ego. However, if you're manifesting a trip to Bali because you feel genuinely called there and you want to see it and experience it, that's following the flow.

PAPER & PEN • The first processor of our brain is our retina and we expand through mirror neurons, so it's imperative to write your list out the old fashioned way (not type), pen to paper.

EXAMPLE LIST - 6 MONTHS

- Dining room chairs 6 pieces.
- Kelci Potter golden ring
- Mario Bellini sofa, white, brown or toupe
- Moncler Puffer
- Ritual line in stores
- A bright house in a great location with a closed yard

Other examples

- A new friend that is radiant, has similar interests and is only supportive
- A partner; tall, dark hair, funny, kind, loves jazz and travel
- To raise my income by 50%

SEEING IS BELIVING

As we said in the Envy chapter you must go out into the world and find your "Expanders" as our teacher calls them – also known as a “Seeing is Believing.” That means going out into the world and finding a person similar to you who has what you desire. Because people with low self-worth are quite smart and savvy and tend to find ways to talk themselves down (“oh well, she’s beautiful so no wonder. Or she’s wealthy, or thin or smarter or...”), it’s important that you find someone with a similar feel to you, look, socioeconomic status, etc. to really make your brain believe you can also get this. You’ll know you’ve found your perfect “Expander”, as our teacher calls it, because you’ll have the “ah-ha” moment: “Oh if they have that, I can have this too.” When you hear those thoughts, you’ll know you’ve just expanded. Now your belief system has shifted. Your subconscious has seen that it exists, so now it can 100% happen for you. Sometimes people need two versions or three different types of expanders until they believe it.

We have countless examples of these stories ranging from partners to mentors, finances, clothes, and opportunities. The manifestation process isn't thought-based. It is 100% belief-based. If you want the subject you're manifesting to show up, you must create space for it by expanding the subconscious-belief that you deserve and can have it. You can find Expanders on social media, in films, stories, hearing about other people's experiences etc. The most potent are from personal relationships. You'll know you've expanded when you have the "ah ha" moment.

SO BASED ON YOUR VISION, YOUR GOALS AND MANIFESTATION LIST - GO FIND YOUR EXPANDORS!



INTUITION

Manifesting connects to your intuition. Following your intuition takes practice. With daily meditation practice you get better at listening to your intuition and when it is telling you to take some action. Sometimes it might sound weird and you ignore it. But believe us when we say it is the shortest way to your manifestations. Your intuition is so intelligent, but as busy humans we have learnt to ignore it and rely on outside advice, Google, maps, and to do lists. If your life is full there is no room for your intuition. It needs space to guide you, it needs quiet so you can hear it.

You can call it "downloads" or "flashes" it is the thought that appears in your mind out of nowhere that doesn't really sound like you. Either you think, "hmm that was a weird thought." Or "hmm interesting idea."

"you should go to this place now" "take a cooking class" "contact this person" "call her right now"

"Flashes" are whispers from the Universe. They are intuitive messages, gut feelings or informational downloads that seem to come out of nowhere. All of a sudden, you feel like you should do something. But the power comes when you choose to act on them. Because, it's one thing to receive a download and then another to actually live them out and see what's on the other side. This is called trusting The Universe. As much as you can, follow your intuition!

TESTS

When you are manifesting, the universe will test you. Test you to see if you will still settle for low self worth outcomes. Tests, when relating to manifestation, are our vessel to communicate how we value ourselves. Whether we respond in high self-worth or low self-worth is what determines how quickly we will progress in our practice. You “pass” tests by responding to them in a state of high self-worth and NOT settling for anything less. Watch out for tests where you can show yourself and the universe that you are ready to level up.

EXAMPLES OF TESTS

*when you are dating a person and you see similar characteristics you swore you would never settle for again.

*when you are offered a well paid gig that takes you off your path back to your comfort zone

*When you find the almost right apartment but its missing things that were important to you

HOW DO YOU REACT?

DO YOU SAY NO THANKS TO THAT ALMOST PERFECT THING? OR DO YOU SETTLE AND GET THE TEST OVER AND OVER AGAIN.

5 ways to manifest

- i. Stay on your path • Be confident in your authenticity, mission and goal in able to manifest. Living truly by your inner code gets you faster to your goals.
- ii. Pass Tests • Become a pro at spotting tests and red flags, Seize the opportunity to build self worth and prove your worth to the Universe.
- iii. If it's not a hell yes, it's a no • Do not settle!
- iv. Let Go of what isn't Serving you • from flower vases to lovers!
- v. Integrate Shadow • .own your shadow completely

A pair of hands with yellow nail polish is shown holding a large, faceted purple crystal. The crystal is the central focus, with its intricate facets catching the light. The hands are positioned around the crystal, with fingers gently gripping it. The background is a soft, out-of-focus light color. The word "RADIANCE" is overlaid in the center in a black, serif font.

RADIANCE



"You must know you have radiance. Even in the worst circumstances, you want to radiate, to look beautiful, be successful, and be trusted and loved. Your radiant body is important. The tragedy is, you do not know how beautiful you are! Once you discover your own beauty you become givers."

RADIANCE

The Radiant Body gives you spiritual royalty and radiance. A strong Radiant Body will make you courageous in the face of any and every obstacle. We are able to actually increase the strength of our radiance, make our radiant bodies strong, stable, and able to withstand the stresses and of difficulties of modern life, so we can keep aligned with our truth and our highest intention. Good things are drawn to you through a developed and powerful Radiant Body. On a practical level, people with well-developed Radiant Bodies are said to have “charisma.” Their very presence works for them before they say one word. They virtually “shine.” If the Radiant Body is weak, people tend to avoid conflict, feel shy, ineffective and unable overcome fear; their energy levels fluctuate. Radiance and self-growth does not just happen – it is a result of persistent effort to follow one’s vision. The first step is to create a vision. Who can you become? Feel it, see it, hear it – create a little video in your head of who you are and what you are doing as your True Authentic Self, and play it numerous times a day. Often the gap between who we are and who we can become is filled with unconscious beliefs and outdated habits. Our modern lives are busy and full, and the adage “old habits die hard”, rings true for many of us. Our radiant body is our lightbulb. It sits just on the edge of our aura, and beams out our essence, our brilliance, our sublime light. When it’s strong, we’re at 100W and all can sense our presence. We are noticed, listened to and others gravitate towards us for guidance, which our radiant body gives us the courage and clarity to provide. Those with a strong radiant body are effortlessly charismatic. A few factors can inhibit our radiant body, like fear, guilt and shame. Also, smoking clouds it, booze dampens it, and self-doubt is a killer. As soon as any of this arises, we need to change it for a positive, self-affirming attitude. The law of harmony is that the frequency that is vibrating in your radiance, aligns and attracts frequencies of the same. Magnetism is the force that attracts. When we think about how simple the law of magnetism is, we question why we even allow ourselves to vibrate at a lower frequency. We can illuminate by choice.

HOW TO INCREASE YOUR MAGNETISM AND RADIANCE

- SAY NO! - CREATE BOUNDARIES
- DO YOUR MEDITATIONS
- NO COMPLAINING
- KEEP YOUR WORD
- TELL THE TRUTH
- STAY COMMITTED
- NO JUDGEMENT
- NO NEGATIVE SELF TALK
- “EVERY EXCUSE IS A SELF-ABUSE”

Never Complain!
Never Explain!
- Kate Moss

OWNING YOUR SHIT (SHADOW) - I

The most magnetic thing you can do is take ownership of your shadow. Meaning, owning up to parts of you that you tend to hide. Because what you don't own, owns you. Let's all own that nasty, yucky, emotional and physiological stuff that's been tarnishing our beautiful souls. Maybe some of us are living with a troubled past. Or present. Let's own it all. Food issues? Codependency? Addictions? Trust issues? Commitment phobic? We all have shit in our lives that needs to be dealt with. Nobody's life is perfect. Nobody has gotten a free or easy ride in this life. The first step is getting over any judgment or preconceived notion that our struggle is somehow more important, more difficult or more traumatising than anyone else's. Because we never know what that person we perceive as happy, grounded and full of grace has had to struggle through. We only see what people want us to see, through a lens of our own perception that creates our personal reality. We are special and unique because we are beautiful individuals, not because of what we've been through. That "shit" doesn't define us. We all have our own shit. Let's get over the idea that ours makes us entitled to anything, like victim behaviour, bad attitude, sympathy, permission to treat ourselves or others poorly. When we've gotten over the entitlements and yes, we've got some less than shiny-happy pieces of our lives. Now, let's take full and total responsibility for it. Own it. We don't mean that anything that happened to us is our fault. Sometimes we are made victims and that is a terrible thing. Sometimes we find ourselves in traumatic or just really crappy situations and that really sucks. We don't have to take responsibility for the actions of others or for pure bad luck, BUT we have to take responsibility for how we've dealt with or reacted to it. Because we can deal with our shit and shadows in many weird ways. (continues on the next page)

OWNING YOUR SHIT (SHADOW) - 2

This means that we fully recognize that we are imperfect. We may be broken but we own every little piece of us!! As a result we embrace our areas of opportunity and have found the motivation we need to work through them. Doing the work isn't easy. It's way more easy to pretend that everything is bright and shiny and perfect, that we don't need anything from anyone because life is grand just as it is, but doing so would be inauthentic. Until we own every little piece of ourselves, until we fully see ourselves and own who we are, what made us that way and we still want to fight to rise above and be our best selves, we will never be happy. We will never have a healthy relationship—with ourselves or with anyone else. Sometimes it takes some work just to uncover enough bravery and self-love to fully recognize or see your own “shit,” and that's okay. Let's own our shit, and then do the work to shovel it out of our personal experiences. It will always be part of our story, but it doesn't have to be the main plot.

FAILING TO SUCCEED

In order to grow, to succeed, to reach goals, you need to fail. The most amazing people we know have failed many times before succeeding. Many times when you look back at failures, you've come to realize what you thought was almost the end of your world was, in fact, the best thing that could've happened to you. How You Handle Failure is the most important thing. Failure is success if we learn from it. How you handle your failures will determine how these failures chart your future course. Will you allow your failures to shipwreck you? Or will you use your failures to chart a new and improved course? It is often said that Thomas Edison failed 1000 times before successfully inventing the prototype of the light bulb. When a reporter asked Edison how it felt to fail 1,000 times, Edison replied: "I didn't fail 1,000 times. The light bulb was an invention of 1,000 steps." If we allow failure to define us – it will surely destroy us. But if you embrace your failure and look at it as an opportunity to learn from it – you will grow and prosper from it. And in the process, you own your path and become more RADIANT and MAGNETIC. We often learn very little from our successes. Failure however is often our greatest teacher. Embrace failure as a necessary step towards your future success. If you allow it, failure will act as a laser that is focused on the areas in your work and life that need improvement. Do not be afraid to fail - as it is success' predecessor!

"I'VE MISSED MORE THAN 9000 SHOTS IN MY CAREER. I'VE LOST ALMOST 300 GAMES. 26 TIMES, I'VE BEEN TRUSTED TO TAKE THE GAME WINNING SHOT AND MISSED. I'VE FAILED OVER AND OVER AND OVER AGAIN IN MY LIFE. AND THAT IS WHY I SUCCEED." - MICHAEL JORDAN

THE POWER OF THE VISION

We believe that those who dare to dream big and couple their visions with action are essential to the evolution of the world. We know this to be true because in every self mastery class we get to witness extraordinary transformations unfold as women create their visions, hold one another accountable and lift each other to their highest. Now after vision week we go into purifying and letting go of the things that do not serve us and our vision.